



SANTEE SENIORS 55+

MARCH 2023


DESIGNED FOR ADULTS OVER 55

GET INVOLVED ~ STAY CONNECTED ~ BE ACTIVE

SANTEEREC.COM

(619) 258-4100 EXT. 222



TUE	WED	THU
	<p>1</p> <p><i>First Wednesday</i> Songs from Molly's Tavern- City Hall– Building 8p 10601 Magnolia Ave 10:00am</p>	<p>2</p> <p><i>Fitness Walk</i> Walker Preserve 9500 Magnolia Ave 9:00am</p>
<p>7</p> <p><i>Fitness Walk</i> Santee Lakes Meet at Lake 5 by the Store 9310 Fanita Parkway 9:00am</p>	<p>8</p> <p><i>Games w/Suzanne</i> City Hall– Building 7 10601 Magnolia Ave 10:00am</p>	<p>9</p>
<p>14</p>	<p>15</p> <p><i>Bingo</i> City Hall– Building 7 10601 Magnolia Ave 10:00am</p>	<p>16</p> <p><i>Fitness Walk—Kumeyaay</i> Lake Campground 2 Father Junipero Serra Trail 9:00am</p>
<p>21</p> <p><i>Fitness Walk</i> Mast Park 9125 Carlton Hills Boulevard 9:00am</p>	<p>22</p> <p><i>Wellness Wednesday</i> at the Herrick Library 9001 Wakarusa St 10:00am</p>	<p>23</p>
<p>28</p>	<p>29</p> <p><i>Fitness Walk/Lunch</i> Santee Lakes Meet at Lake 5 by the Store 9310 Fanita Parkway 10:00am</p>	<p>30</p> <p><i>Fitness Walk</i> Walker Preserve 9500 Magnolia Ave 9:00am</p>

SEE BACK FOR DETAILS

FIRST WEDNESDAY SONGS FROM MOLLY'S TAVERN



WEDNESDAY, MARCH 2
10:00AM— BUILDING 8P

JOIN CHRIS AND JAMIE BURNS AS THEY PRESENT A DELIGHTFUL MIX OF IRISH AND IRISH-AMERICAN MUSIC: "COCKLES AND MUSCLES", "SHULE AGRA", "MY WILD IRISH ROSE", AND MANY MORE.



WELLNESS WEDNESDAY BETTER HEALTH THROUGH CULINARY MEDICINE

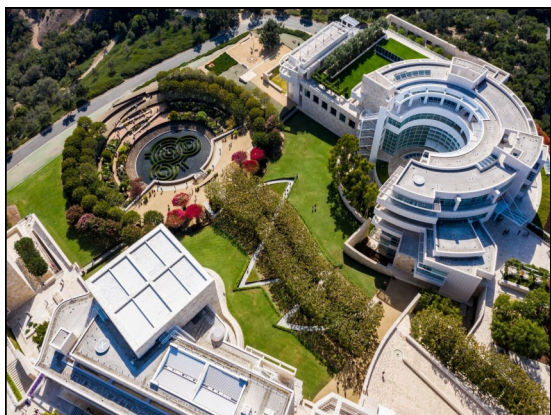
SPEAKER: SABRINA FALQUIER,
MD, CCMS

CULINARY MEDICINE BLENDS THE ART OF FOOD WITH THE SCIENCE OF MEDICINE, AND IN THIS PRESENTATION, DR. FALQUIER WILL FOCUS ON HOW TO ACHIEVE BETTER HEALTH AND WELL-BEING THROUGH NUTRITIONAL KNOWLEDGE AND CULINARY LITERACY

WEDNESDAY, MARCH 22
10:00AM @ THE HERRICK LIBRARY



FEATURE FILM: TOP GUN: MAVERICK
11:30 AM



GETTY CENTER BUS TRIP SUNDAY, APRIL 16

DEPARTURE TIME: 7:30AM/RETURN TIME: 6:30PM
FEE: \$35 SANTEE RESIDENT/\$47 NON-RESIDENT
DEPARTURE/RETURN LOCATION: SANTEE CITY HALL
BRING: MONEY FOR SNACKS & GIFT SHOP
INCLUDES: TRANSPORTATION SPONSORED BY SPARC, LUNCH & ADMISSION
REGISTRATION DEADLINE: MARCH 28

THE GETTY IS WELL KNOWN FOR ITS ARCHITECTURE, GARDENS, AND VIEWS OVERLOOKING LOS ANGELES. THE MUSEUM FEATURES PRE-20TH CENTURY EUROPEAN PAINTINGS, DRAWINGS, ILLUMINATED MANUSCRIPTS, SCULPTURE AND DECORATIVE ARTS AS WELL AS 19TH AND 20TH CENTURY PHOTOGRAPHS FROM AROUND THE WORLD. OUTDOOR SCULPTURES ARE DISPLAYED ON THE TERRACES AND THE CENTRAL GARDEN.